

The hidden gem: Beef heart is a healthy delicacy

By LUIS SANCHEZ

At Amaru Gourmet, a Peruvian restaurant celebrated for its fusion of traditional flavors and modern culinary techniques, we believe that what you eat profoundly impacts your well-being.

Among the many nutritious ingredients we incorporate into our dishes, beef heart stands out as a true powerhouse of health benefits. Known for its rich flavor and tender texture, cow heart not only enhances the flavors of our culinary creations but also offers a wealth of health advantages.

RICH IN NUTRIENTS AND ESSENTIAL COMPOUNDS

Cow heart is nutrient-dense, packed with essential vitamins and minerals, such as vitamin B12, coenzyme Q10 (CoQ10), iron and zinc. These nutrients play a crucial role in maintaining optimal health. Vitamin B12, for instance, is vital for energy production and supporting nerve function. Meanwhile, CoQ10 acts as a potent antioxidant, promoting heart health and cellular energy production.

Furthermore, beef heart is a great source of lean protein, which is essential for



PHOTO PROVIDED BY LUIS SANCHEZ

Beef heart, used in this anticucho, has myriad benefits, including improved cardiovascular health, enhanced immune system, better muscle repair and growth, and support for healthy weight management.

muscle growth and repair. This protein content makes it a valuable addition to a balanced diet, particularly for those looking to support physical activity and maintain a healthy weight.

PROMOTES HEART HEALTH

Incorporating beef heart into your dietary routine significantly benefits heart health. The CoQ10 in cow heart helps support cardiovascular function and reduce the risk of heart disease. Additionally, the high iron content supports healthy blood circulation and oxygen transport throughout the body.

SUPPORTS IMMUNE AND DIGESTIVE SYSTEMS

Iron in beef heart supports the immune system, helping to fight off infections and support overall health. Additionally, the protein content aids digestion, ensuring your body gets the necessary nutrients to function effectively. By featuring beef heart prominently in our offerings, we aim to provide our patrons with both delightful tastes and health benefits.

AIDING IN WEIGHT MANAGEMENT

For those conscious of weight management, beef heart is an ideal choice. It is low in fat yet high in protein, promoting a feeling of fullness and reducing the tendency to overeat. This makes it an excellent option for those looking to maintain or achieve a healthy weight.

BEEF HEART IN PERUVIAN CUISINE

At Amaru Gourmet, we proudly incorporate beef heart into our Peruvian-inspired dishes. Our chefs skillfully blend this unique ingredient with traditional flavors, creating a fusion that is both flavorful and nourishing. One such celebrated dish is anticucho, in which marinated and grilled cow heart is served with a variety of traditional accompaniments, celebrating the natural goodness of this ingredient.

CONCLUSION

Incorporating beef heart into your diet is a simple yet powerful step toward achieving better health. With its myriad benefits, including improved cardiovascular health, enhanced immune system, better muscle repair and growth, and support for healthy weight management, beef heart is an essential ingredient in modern cuisine. At Amaru Gourmet, we believe that eating healthy doesn't mean compromising on taste or appeal.

Our dishes, like the signature anticucho, demonstrate that nutritious meals can be both delicious and visually stunning. Embrace the rich flavors and vibrant presenta-

tion of our beef heart dishes and discover that healthy eating can be a delightful experience for your taste buds and your well-being.

Start your journey to wholesome and unforgettable dining with our signature anticucho, Amaru Gourmet-style.

Anticucho: A classic dish of flavor and tradition

Anticucho is more than just a delicious meal; it's a testament to the beauty of tradition and nutrition coming together.

Whether you're enjoying our special version at Amaru Gourmet or exploring it in your own kitchen, this dish is a delicious journey into the heart of healthy eating. Enjoy every bite as you savor the delightful fusion of taste and wellness.

Creating the perfect anticucho involves a delicate balance of ingredients to enhance its natural goodness. Here's a classic approach to achieving a flavorful serving. Perfect as a main course, it's a beloved choice for those seeking a comforting yet exotic flavor experience.

Before you start cooking, remember to have the secret

ingredient on hand: "A Pinch of Love."

INGREDIENTS

beef heart, cleaned and sliced vinegar, garlic, chili paste as substitute for aji panca paste salt, pepper, cumin and oregano for seasoning skewers oil for grilling

METHOD

1. Marinate: Combine vinegar, minced garlic, chili paste, salt, pepper, cumin and oregano to create a marinade. Coat the cow heart slices and let marinate for a minimum of two hours and more than six for maximum flavor.
2. Skewer: Thread the marinated cow heart pieces onto skewers, preparing them for grilling.
3. Grill: Heat oil on a grill and cook the skewers until browned and slightly charred, ensuring they are tender and flavorful.
4. Serve: Arrange on a platter, garnished with boiled potatoes and corn grilled with the same sauce, and add a touch of spicy aji sauce. Enjoy!

Luis Sanchez is the owner of Amaru Gourmet in Brattleboro.